

Table A.4. The sample conversations with the eCoach chatbot related to behavioral information. The sentiments can be positive, negative, or neutral. The statements have been classified as physical activity, habit, diet, sleep, and general. Chatbot responses consist of 50-200 tokens.

Question	Sentiment	Statement	Chatbot response
Any specific fitness goals should I set for the upcoming week as I have been active? Please guide	Positive	Physical Activity	<p>You can follow the followings –</p> <ol style="list-style-type: none"> 1. Set a goal to perform 10 minutes of stretching exercises each day. 2. Aim to walk 10,000 steps each day. 3. Set an aerobic exercise goal of 30 minutes per day. 4. Try to do one weight training session per week. 5. Aim to do at least 2 sets of 10-15 reps for each muscle group. 6. Work on strengthening your core by doing crunches and planks every day. 7. Participate in at least one group fitness or yoga class each week. 8. Track your progress and reward yourself for reaching your goals.
Maintaining a consistent workout routine is key. How can I support you in that?	Positive	Physical Activity	I can help you stay on track by offering motivation and encouragement, and providing resources if you need them. I can also keep you accountable by setting up reminders, tracking your progress, and helping you plan and stick to a schedule for your workouts.
	Negative	Physical Activity	<p>It is understandable to feel upset about your current situation if you feel like you have been leading a sedentary lifestyle. However, it is important to remember that your current lifestyle is something you can change. It can be difficult to make changes to your lifestyle when you start to feel unmotivated, but there are simple ways that you can improve your physical activity levels. Consider doing exercises at home, taking daily walks, or joining a gym or fitness class to start building a more active lifestyle.</p>
Describe the most challenging aspect of maintaining a new habit	Positive	Habit	<p>The most challenging aspect of maintaining a new habit is staying consistent and committed to it even when it feels like progress isn't being made or when life gets busy. It can be difficult to build a new habit into one's routine and to regularly put in the effort to make sure that the habit is leading to a desired result. It is important to stick to the habit for the long term, and to stay patient and committed, even when progress slows or progress feels like it has stalled.</p>
I am Struggling to maintain a good habit. Please find solutions.	Positive	Habit	<ol style="list-style-type: none"> 1. Set realistic goals. Make sure to start with small goals that you know you can accomplish and slowly progress to bigger goals. 2. Track your progress. Set up a way to track your progress for the habit you're trying to maintain and reward yourself for sticking with it. 3. Find an accountability partner. Ask a friend, family member, or co-worker to help you stay accountable. 4. Break your habit down. Start by focusing on a specific piece of the behavior you're trying to maintain and add steps gradually.

			<p>5. Minimize distractions. Limit your access to distractions, like your phone or social media, when you're trying to practice your good habit.</p> <p>6. Create a reward system. If you're struggling to stay motivated, set up a reward system for yourself to give you an incentive to keep going.</p>
I am feeling upset based on my tobacco and alcohol consumption.	Negative	Habit	<p>It is important to recognize that these substances can have negative impacts on your physical and mental health. Cutting back on tobacco and alcohol consumption can lead to improved mental health and better overall health. Additionally, finding healthy habits such as physical activity or eating well can help to manage stress and feelings of depression or anxiety.</p>
Please share a good bedtime relaxation routine that can help me sleep better.	Positive	Sleep	<ol style="list-style-type: none"> 1. Start winding down 1-2 hours before bed. Avoid screens and other sources of stimulation. 2. Take a warm bath or shower. 3. Read a book or magazine in bed. 4. Practice deep breathing or mindfulness. 5. Write in a journal. 6. Listen to calming music or guided meditation. 7. Drink a calming herbal tea such as chamomile. 8. Practice progressive muscle relaxation or yoga stretches. 9. Try not to focus on your thoughts but just observe them and let them pass. 10. Use a calming essential oil like lavender.
At night, I am having sleeping disorder due to working in shifts.	Negative	Sleep	<p>To help me improve my sleeping habits, I would start by first keeping a regular sleep/wake schedule. I would also stop using my phone an hour before bedtime to de-stimulate my brain. I would also make sure to limit caffeine and alcohol intake and limit daytime naps. I would also use soothing music and aromatherapy to help me calm down before sleep. Additionally, I would get some natural light exposure during the day to better regulate my internal clock.</p>
How's your commitment to healthy meals for the next week to control my unhealthy dietary pattern?	Positive	Diet	<p>My commitment to eating healthy meals for the next week is that I will plan out each meal the night before, ensuring that I have healthy food options available at my disposal. I will also be sure to limit my intake of processed and sugary foods, as well as drinking plenty of water throughout the day. Finally, I will aim to be mindful of my portion sizes to ensure I'm not overeating.</p>
What are your suggestions to maintain a healthy dietary plan to control my unhealthy dietary pattern?	Negative	Diet	<ol style="list-style-type: none"> 1. Eat a balanced diet filled with a variety of fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. 2. Limit processed and fried foods, as well as sugary beverages and sweets. 3. Include healthy fats such as nuts, seeds, and avocados. 4. Avoid skipping meals and try to eat every 3-4 hours. 5. Always include a source of lean protein and fiber with each meal. 6. Drink plenty of water throughout the day. 7. Choose whole-grain options over refined grains. 8. Eat slowly, and chew thoroughly.

			9. Enjoy snacks that provide sustained energy, like small portions of whole grains, nuts, and fruits. 10. Get plenty of sleep and moderate exercise.
In the morning I have taken two glasses of water.	Neutral	Diet	I usually have my first glass with breakfast. This helps me stay hydrated throughout the day and can help to prevent headaches or dizziness. I then have another glass of water after lunch, which helps me to keep up with my water intake and ensure.
In the morning I have skipped my breakfast due to workload.	Neutral	Diet	But I will try to make it up by having a light snack in between meals or opt for a nourishing and protein-rich breakfast when I get back home like eggs, boiled beans, or low-fat yoghurt.
Recently, I am having more sedentary bouts due to working at home office.	Neutral	Physical Activity	To counter this, I have taken up running as a form of daily exercise. This keeps me in shape as well as helping to clear my head. I also like to take walks around the neighborhood to get some fresh air. This has been a great way to stay active and healthy, while also taking a break from work.
Good morning!	Positive	General	Good morning! How can I help you today?
Thanks for the worthy suggestions on healthy behavioral management tips.	Positive	General	You're very welcome! It's always great to learn new ways to promote healthy behavior.
Thanks for the worthy suggestions on healthy diet management tips	Positive	Diet	You're welcome! Eating healthy and maintaining a healthy lifestyle is key for physical and mental wellness.